



ADULT PROGRAMS

Participation minimums are listed below each section.

***Participation minimums must be met in order for the class to be conducted.**

Pre-registration is required.

You may pre-register by calling Cheryl Goltart at 678-654-3525.

Tennis 101 – Adult Beginners

This is a new 4-6 week program beginning in January 2016. Call Cheryl Goltart at 678-654-3525 to find out more about how to get started playing the game of tennis...for a lifetime of fun!

Adult Tennis Clinics Level I and II

Flex Tennis is your ticket to a better tennis game! Our tennis clinics are nothing like the generic group lessons. With Brian and Cheryl Goltart, you will learn to play “in the zone” and develop a consistent all-around game for both singles and doubles. Clinics are divided into two categories: the stroke enhancement clinic and the player’s clinic. Choose the clinic that suits you best or combine both depending on your level and needs. You will see and feel the difference in the very first session . . . more consistency, spin, power and placement.

Dates and times TBD (1 hour sessions)

Ages: 18 and over

Daily Fee: \$17.50 per student (resident); \$22.00 per student (non-resident)

**Minimum class size is 4.*

Stroke of the Week Series

Flex Tennis Pros start each session with a mini demonstration of the designated stroke followed by a high energy tennis clinic. Each 1.5 hour instructional series blends into the next to form the complete tennis game, player and match!

Dates and times TBD (1 hour sessions)

Ages: 18 and over

Daily Fee: \$15.00 per student (resident); \$20.00 per student (non-resident)

**Minimum class size is 4.*

Adult Beginner Clinic

Thursdays 9 – 10 am – (1 hour sessions)

Ages: 18 and over

Daily Fee: \$15.00 per student (resident); \$20.00 per student (non-resident)

**Minimum class size is 4. Must call to register. 678-654-3525*



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Adult Intermediate Clinic

Date and Time TBD – (1 hour sessions)

Ages: 18 and over

Daily Fee: \$15.00 per student (resident); \$20.00 per student (non-resident)

**Minimum class size is 4.*

Adult Doubles Strategy Clinic

Thursdays 6-7 pm – (1 hour sessions)

Ages: 18 and over

Daily Fee: \$15.00 per student (resident); \$20.00 per student (non-resident)

**Minimum class size is 4.*

Ladies' Morning Out (Fall and Winter months)

Doubles and singles strategy for players with a 3.0-4.0 NTRP rating.

Dates and times TBD – (1 hour sessions)

Ages: 18 and over

Daily Fee: \$15.00 per student (resident); \$20.00 per student (non-resident)

**Minimum class size is 4.*

Men's Night Under the Lights

Date and Time TBD

First come, first served – no registrations taken.

Unsupervised match play for intermediate to advanced male players

Fee: Free to the public

(Flex Tennis staff will be on site if instruction times coincide with the time frame).

Ages: 18 and over



INDIVIDUAL LESSONS

Private Lesson	Semi-Private Lesson	3 + The Pro Lesson
1 individual receiving instruction	2 individuals receiving instruction	3 individuals receiving instruction
Ages: 6 and up	Ages: 6 and up	Ages: 6 and up
Fee: \$50/hour	Fee: \$60/hour	Fee: \$60/hour

TEAM LESSONS

Team Lesson	1 ½ hour	
4 participants (Minimum required) 12 Participants (Maximum allowed)	\$15.00 per person	
Team Captains are responsible for collecting fees and paying for each session on the day of instruction.		

To schedule your sessions and lessons please call:

Cheryl Goltart: 678-654-3525

All fees for all sessions are due at time of service. No shows will result in a \$25.00 fee.

24 hours' notice is required for cancellation.



SPECIAL SERVICES:

Whole Training: Conditioning consultation and individual training programs, including weight-training, speed work, endurance and nutrition) designed and offered to advanced juniors and motivated adults who want to compete in tournaments and competitive league matches. *****Must call for consult appointment. Cheryl Golgart at 678-654-3525.***

Video Analysis: Professional video analysis to include recording of a specific lesson/match at Lawnwood Tennis Center. Price includes analysis of recording with the player. Player must provide and a memory card which will be returned to the player at analysis completion. Price is based on length of recorded event. *****Must call for consult appointment. Cheryl Golgart at 678-654-3525.***

PRO-SHOP MERCHANDISE

Tennis Balls (can of 3)		\$4.00
Racquet Stringing		\$30.00
Racquet Grip		\$5.00
Assorted Dampeners		\$2.00
Assorted String		\$10/pack
Assorted Headbands		\$5.00
Nike Shorts		\$12.00
Nike Tops		\$12.00
Asics Shorts		\$12.00
Asics Tops		\$12.00
Assorted visors		\$10.00